

preventing childhood obesity

Today, one in every six children in the U.S. is overweight or obese, as are 60% of American adults. Obesity in children can be prevented if parents teach healthy eating habits early. Use these basic strategies for keeping children healthy.



Portion Size. Learn how much food your child needs; serve kid-sized portions.



Appetite. Allow a child to eat according to his appetite. Don't force or bribe.



Fruits and Vegetables. Serve fruits and vegetables at every meal. Be a good role model for your kids—eat these foods yourself.



Baby. Feed your baby on demand. Get to know her signs of hunger and fullness.



TV. Ideally, children under age 2 shouldn't watch any TV. Older kids should limit viewing to 1–2 hours a day.



Milk. Switch to lowfat or skim milk at age 2.



Active Play. Get your child in the habit of being active. Play in the park, walk the dog, or teach her to dance.

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Tips taken from:

Baby Bites

by Bridget Swinney, MS, RD

Available in bookstores nationwide.

